

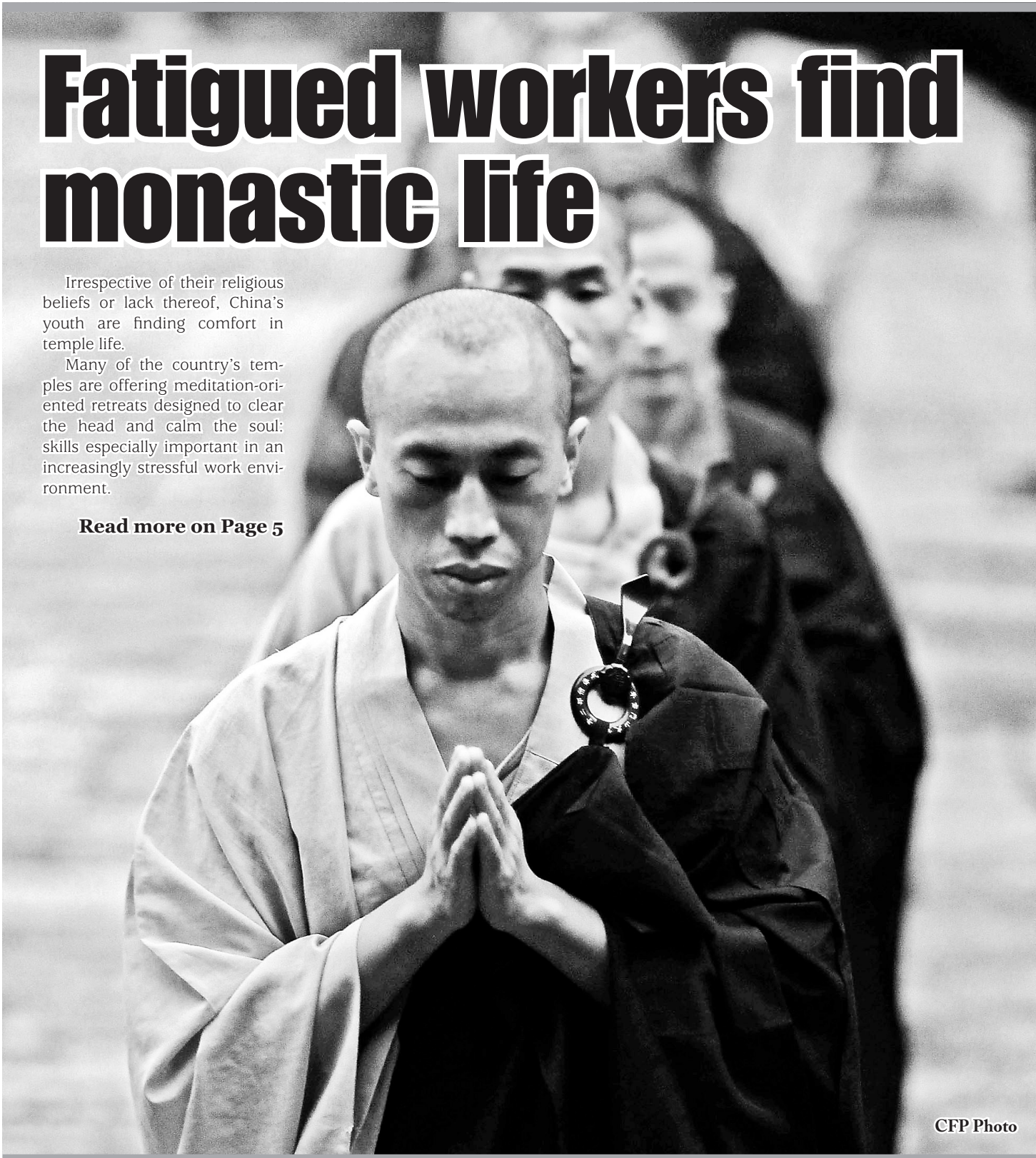


Fatigued workers find monastic life

Irrespective of their religious beliefs or lack thereof, China's youth are finding comfort in temple life.

Many of the country's temples are offering meditation-oriented retreats designed to clear the head and calm the soul: skills especially important in an increasingly stressful work environment.

Read more on Page 5



CFP Photo



Pages 2 No free lunch for zoo animals

In this economy, even the animals have to work! Although various ministries have issued orders, animal performances remain a major source of zoo income.



Pages 6 Food, alcohol and women

Li Jin's scrolls are a tribute to the sensuality of food. His ink paintings explore a world of pleasures seldom touched upon by other suffering-obsessed contemporary artists.

Animal rights remain an afterthought at zoos

By Zhao Hongyi

Though officially prohibited by the central government, many zoos and aquariums – both public and private – continue to force their animals to perform for money.

Hard work for animals

At Daxing Wild Animal Safari Park, it's all work and little play for the animals.

The park's two bears are forced to run a gantlet of hurdles, swings and seesaws, before bicycling and hopping up and down on inflatable balls.

The grueling performance lasts for 30 minutes and occurs three times per day. Visitors pay 200 yuan to see the show.

Monkeys have it worse. Park trainers force them to ride small bicycles and whip them when they disobey.

The lions, all males, are herded across a shaky bridge, through four flaming hoops and across seven posts. During the holidays, they perform five or six times a day.

After performing, the animals pose for photos.

Visitors can have their picture taken with a pair of peacocks that perch on a swing. Photos cost 30 to 60 yuan depending on size, or for 10 yuan visitors can use their own camera.

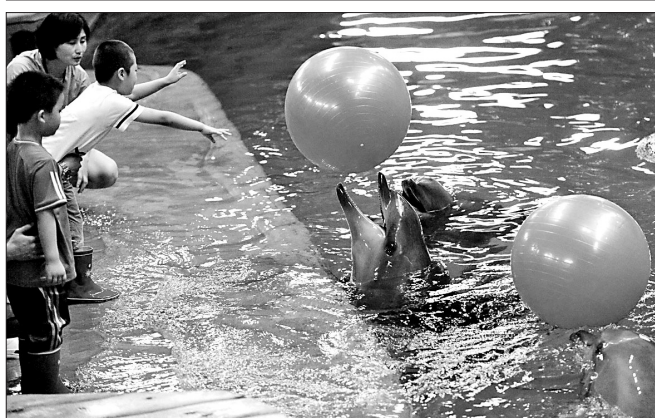
On the other side of the park, horses take visitors for a short ride and pose for photos. Each loop costs 20 yuan.

At Beijing Badaling Safari World, the wild animals are required to give similar performances twice a day. Its menag-



Wild animals at Daxing Safari Park have to perform several times a day.

BYD Photos



At the Beijing Aquarium, dolphins play with balls to entertain visitors.

erie includes lions, tigers, leopards, wolves, bears and peacocks. The performances have become a cornerstone of the park program.

The Beijing Aquarium, near the Beijing Zoo on the city's northwest side, makes its dolphins and sea lions run in circles, sing, play dead and

pass a ball back and forth twice a day.

Maze of management

Since 2010, the Ministry of Housing and Urban-Rural Development (MOHURD) has repeatedly ordered these animal zoos and aquariums to end their performances. However, its notices have

gone ignored.

Zoo and aquarium staff denied having received any notice from the government. They said their training programs have been in place for at least a decade.

"This is how we fund the operation of our zoos and pay our staff," said an official at the Beijing Aquarium.

For many of the parks, the ministry is simply not part of the chain of command.

The Beijing Aquarium is administered by the Ministry of Agriculture. Similarly, the wild animal safaris are under the administration of the National General Bureau of Forestry, a former ministry-level office. Circuses across the country are administered by the Ministry of Culture.

Indeed, the only place MOHURD has any authority is in the administration of zoos

in major metropolitan areas.

That explains why zoos are the only venues that have halted their animal performances.

Efforts continue

"There is no legal requirement to comply with the Ministry of Housing and Urban-Rural Developments' notice," said an official at the Beijing Bureau of Landscape and Forestry who refused to be named.

"The core of the problem is there are too many administrations involved in supervising animals," he said.

Deputies of the Beijing municipal congress, together with such agencies as the Bureau of Industrial and Commerce and the Bureau of City Supervising and Law Enforcement, called on all national administrations to forbid such performances.

But animal performances have a long history in China, with many rural circuses training small animals such as monkeys and chickens.

Although the Beijing Zoo has stopped its animal performances, other parks continue.

"It's not right to derive amusement from the suffering animals," said Guo Gen, a Beijing congressional deputy. "I'll plan to pursue the appeal."

"Beijing seems unwilling to stop such performances," he said. "But animal training includes starvation, physical abuse and mental abuse."

"It is a damaging process from which animals never fully recover."

Asiana crash alarms for student safety

By June Pan

Asiana Airlines flight OZ214 from Seoul crashed when landing in San Francisco at 11:28 am on July 6.

The incident, the cause of which remains unknown, killed two Chinese girl students and injured more than 180 other passengers.

The girls, Wang Linjia and Ye Mengyuan, were students at Jiangshan High School and members of a group of 34 high school students bound for summer camps organized by three high schools in the provinces of Zhejiang and Shanxi.

The students injured in the crash are being treated at San

Francisco-area hospitals.

While there has not been an official report about the cause of the accident, witnesses reported seeing the plane flying low on its runway approach.

The girls are the latest in a string of tragic deaths experienced by Chinese students abroad.

Last April, University of Southern California students Wu Ying and Qu Ming were shot to death. Zhang Xuanwei, a student at Birmingham City University, was killed in a traffic accident the same month.

Boston University student Lu Lingzi was killed in the Boston Marathon bombings

this April.

More than 400,000 Chinese students went abroad for study this year, but several million more went abroad for camps and travel.

While there is always danger, the risk one encounters in an unfamiliar environment is magnified. A poor command of the local language and unfamiliarity with customs and laws can be a recipe for disaster.

Experts say the best ways to stay safe are to stick to safe neighborhoods, hire reliable tour guides and never go to secluded places alone.

It's also a good idea to memorize emergency numbers in



Chinese students injured in Flight OZ214 crashed are being treated in San Francisco.

case anything goes wrong.

More and more people are choosing to broaden their horizons by traveling to and study-

ing in foreign countries.

Events like the crash of OZ214 are a reminder that these experiences are not without risk.

Japanese expert brings organic agriculture experience

By Bao Chengrong

Getting consumers to spend extra on organic food is still a big challenge for Chinese suppliers.

Kazuyoshi Fujita, founder of social enterprise Daichi wo Mamaoru Kai, hopes his experience can help China find a way to bolster its organic agriculture.

On a recent visit to China, Fujita urged farmers to build a personal relationship with their consumers: a concept outlined in his book, *A Revolution Starting from a Carrot*.

Founded in 1975, his social enterprise inspired more than 170,000 consumers to buy organic – and more than a third of them buy organic online.

But Fujita's group was slow to succeed.

He got his start hawking organic vegetables and fruit at a stand in the middle of the city. His products were also criticized for having insect bite marks and poor color.

To win the heart of consumers, he launched three reforms.

First, to eliminate pests using new technologies or natural enemies. Second, to pack products in two ways: some vegetables were washed before packaging while others were packed in soil to ensure long term storage. He began stor-



Kazuyoshi Fujita (center) shares organic agriculture.

Photo by Bao Chengrong

ing products in a refrigerator and delivering them with refrigerated trucks.

The last and most difficult reform was changing his consumers' concepts. Instead of judging food by its appearance, Fujita persuaded them

to judge by flavor and safety.

"The core of popularizing organic products is ensuring they are delicious. When consumers recognize the taste, then they will be eager to buy," Fujita said.

Persuading farmers to produce

organic food was also a tough task. Fujita said the key was finding a way to ensure the farmer's interests and allowing them to make more money in the process.

"Getting rid of pesticides took a while. Initially, I asked farmers to cut their pesticide use in half. And then the next year, in half again," he said.

He also offered classes to teach farmers about new technologies. His efforts helped the farmers to nearly triple their profits.

Fujita said the reasons for promoting organic agriculture extend far beyond safety.

In some ways, organic agriculture can be used to combat food shortage. Japan uses a mere 39 percent of its total food produce and is self-sufficient. This can increase as more farmers become proficient at organic farming, he said.

Zi Zhongyun, a professor at the Chinese Academy of Social Sciences, said severe pollution, abysmal trust and the challenge of persuading farmers to follow the rules will make it very difficult to bring the Japanese model to China.

But Fujita still sees the hope.

He is cooperating with Fuping Development Institute to help Chinese suppliers find a new way.

Charity leaders to learn from US

By Liu Xiaochen

Twenty leaders from China's national charities departed Wednesday on a study tour to the US to learn welfare fund management and revenue disclosure.

The trip follows the 4th China-US Foundation Leaders Exchange, an event supported by the international non-profit rescue organization Mercy Corps, which addressed the need to build a mature and credible platform for non-profit revenue disclosures in China.

Participants will visit several enterprise foundations, private foundations, philanthropic consultancies and charity-supported institutions in New York, Boston and Chicago, as well as attend classes at the Center for Non-Profit Organizations at Harvard University.

"Change" was the dominant topic at the send-off meeting.

Liu Yingzi, secretary-general of Chengmei Charity Foundation, said all foundations have a natural cycle, and will eventually become less relevant and useful – something many of China's charities have yet to come to grips with.

"Charities are affected by the changing social environment, economic shifts and other factors," she said. "When a charity nears the end of its life, it usually has



Liu Yingzi talks about foundation's lifecycle.

Photos provided by CFC

three options: close the foundation, transform or merge with another foundation."

Being open to cooperation with other charities is one of the essential skills that helps charities stay alive.

"The industry association can also be beneficial to foundations. It can avoid unnecessary competition in the same field, promote regulation and lend charities a louder voice when communicating with the gov-

ernment," she said.

Chen Jian, secretary general at Vantone Foundation, explained the theory of "three circles" in a foundation's change and management.

"This theory is usually used in the subject of management and discusses value, capability and support," she said. "When you plan to start or change a foundation, you have to consider if it has all the elements needed to make it worth continuing or supporting."



Leaders from the other participating foundations attend lectures.



Former director Shen Yi of Mercy Corps in China

"The public welfare in the US is focused on its mission thanks to public constraints," said Zhang Wei, director of Horizon Education Center of China.

In the US, public welfare grows out of natural social responsibility, and charity is the expression of the pursuit of public interest, he said.

"Foreign public welfare is based on faith and law while China's public welfare has grown out of the market," Zhang said.

NAIDOC introduces Australia's aboriginal culture

By Liu Xiaochen

Residents of Inner Mongolia and the provinces of Guangdong, Guangxi, Guizhou and Jiangxi are learning more about Australia's aboriginal culture during NAIDOC Week.

The celebration, organized by the National Aborigines and Islanders Day Observance Committee and lasting from July 7 to 14, is an annual activity to recall the history, culture and achievements of the original inhabitants and residents of the Torres Islands.

"NAIDOC Week not only celebrates the special culture of the original inhabitants and the residents of the Torres Islands, but also lets the original inhabitants and non-aboriginal peoples learn about the important contributions indigenous peoples have made to Australia," said Australian Ambassador Frances Adamson.

Chen Zixia, consul general of the Australian Consulate General in Guangzhou, said people in Guangzhou will get to see one of the largest exhibitions of aboriginal culture organized by Australia's aborigines.

The Australian Consulate General in Guangzhou introduced a series of works *Our Land, Our Body* created to support the Warburton Indigenous community.

The project, produced by the Warburton people, shows



Warburtonarts Photos



the world of the western desert and its features through some 6,100 photographs taken by indigenous

students, a 20-channel digital soundscape, four art glass apparatuses and eight large textile works.

"We completed these works together ... Inspired by our own stories and the story of our golden age. We are very happy people from different places can see our works," said Elizabeth Holland, a participating artist.

"This series of works was exhibited in seven large museums in eastern China in 2011. At that time, more than 250,000 visitors came to see them," Adamson said.

"It was one of the most important parts in the celebration of the 2011 Australian Culture Year."

China seeks cooperation in Atlantic Canada market

By Liu Xiaochen

A delegation of Chinese entrepreneurs, researchers and educators traveled through Canada's Atlantic Provinces last month to seek new partnerships in ocean technology.

The 26-member group arrived on June 1 for a six-day tour that included meetings and presentations to learn about the Canadian region's existing capabilities and resources.

For Canada, the incoming trade mission was a chance to showcase its own ocean technology expertise, contact potential buyers, trade partners and researchers, and to expand its international presence.

"Atlantic Canada has a longstanding history of making the most of what its



Halifax, Canada's biggest harbor in the Atlantic Ocean

Photo by Wang Lei

ocean shores have to offer, and we have developed a very strong ocean technology

sector," said Gail Shea, revenue minister and minister for the Atlantic Canada Opportu-

nities Agency.

"This visit provides an exceptional opportunity to showcase Atlantic Canada's industry expertise, raise its international profile and form alliances that will help increase innovation and research and development partnerships, create jobs and strengthen our economy."

Many experts see a booming future for China's ocean technology sector.

The gross domestic product of China's ocean industries including offshore oil and gas exploration, marine transport, coastal tourism, fisheries and shipbuilding could exceed \$814 billion by 2020, according to China's Ocean Development Report for 2011.

"As one of the largest markets in the world, China is

just beginning to explore the potential of the ocean technology sector, and Atlantic Canadian companies are ready to provide technology, services, and expertise in an ever expanding world market. These meetings will help them do just that," Shea said.

The delegates visiting Atlantic Canada were from the provinces of Guangdong and Shandong, as well as Shanghai. The group represented a cross-section of universities and research institutes, as well as private sector companies.

The trip included visits to major research centers in St. John's and Holyrood, in Newfoundland and Labrador; Halifax, Nova Scotia; Saint Andrews, New Brunswick; and Charlottetown, Prince Edward Island.

Stressed workers find solace in monastic retreat

Feature



ICPhoto

By Bao Chengrong

Many urban residents are discovering short-term monastic retreats are a great way to blow off pressure.

A recent monastic retreat organized by the Ci'en Temple drew more than 1,000 applicants, most of whom were young office workers in their mid-20s and early 30s.

Abbot Shi Zhidu said the program was an unexpected success. He initially planned to accept only 20 people, but ended up expanding the quota to 200 – the temple's maximum capacity.

The temple's first short-term retreat was organized in 2006. This year's event included free meals and lodging, as well as Wi-Fi access so visitors could use their smartphones and laptops.

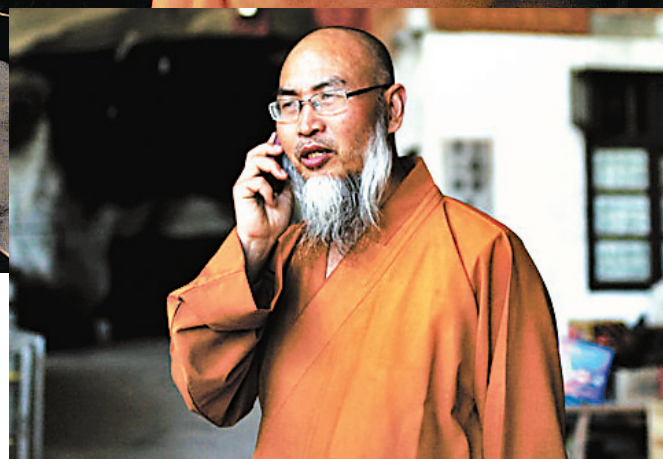
Shi said some applicants wanted to become monks and used the retreat as a way to test whether they could adapt to monastic life. However, most were simply curious about meditation and eager to try a new experience.

"The program is intended to help participants come out with a more positive attitude to life so they can contribute more to society," Shi said.

The Putuo Temple is another pioneer in short-term retreats. It organized its first mini-retreat for 20 people in 2002. This year it accepted 230 participants. Abbot Guohui said



Ci'en Temple



Abbot Shi Zhidu says the retreat was an unexpected success.



Young participants don cassocks during the retreat. CFP Photos

the program is open to all Chinese citizens regardless of their religious alignment or lack thereof.

Many young workers have reported that the retreats have helped them to step away from their mental and emotional baggage.

Li Wei, a young manager, said meditation was a much better tool for relieving stress than travel, playing cards and hanging out at bars.

"Even when I had some achievements at work, I kept wondering what I'm really living for. I felt lost," Li said.

A friend encouraged Li to participate in a one-month retreat at the Putuo Temple in 2007.

He almost gave up the first day, when participants were called to rise at 3 a.m. Li said the meditation was even harder, and he struggled to clear his mind of distracting thoughts.

"I worried about work. I wanted to check my email. I wanted to check my cellphone to see whether someone called," he said.

The abbot told him to concentrate by listening to his inner voice rather than worrying about the outside world. After a week of practice, Li started to enjoy the life of waking up with the birds.

"When I went back to work, I had an easier time controlling my temper and my feelings of disappointment.

My colleagues were surprised to see the change," he said. "I told them it was because of the retreat and encouraged them to try it."

While many netizens have been quick to endorse retreats as a quick fix for the mind and soul, the outings may not be the most sustainable way to comfort one of society's most stressed groups.

Short-term monastic retreats are also popular in Japan and Thailand.

In Japan, temples attract both Japanese nationals and top managers of such IT enterprises as Google and Facebook. One of the most famous participants was Steve Jobs.

The main goal of Japanese retreats is to strengthen one's perseverance. But unlike in China, participants are expected to pay.

In Thailand, every man serves as a monk for at least one week as thanks to his parents. Most Thai temples are only open to men: few give women the chance to participate in short-term residency.

Many tourists are spending three to seven days in a monastic retreat as part of their visit to the country.

Editor: Bao Chengrong Designer: Deng Ning

BEIJING TODAY

Li Jin focuses on hedonism rather than hardship



Li Jin at work

By Annie Wei

Traditional ink paintings can be hard for foreign viewers to appreciate, but Li Jin's decidedly contemporary work is the exception.

His 23-meter-long scrolls capture the sensuality of food and other pleasures: friendship, alcohol and women.

In April, his *Banquet* was exhibited at Today Art Museum and accompanied by a food installation of five roast pigs.



Part of Li Jin's new exhibition *Banquet*



Li Jin fills the empty space around his objects with words. Photos provided by Today Art Museum

A leading artist in contemporary ink painting, Li Jin was born in Tianjin in 1958 and graduated from the Tianjin Academy of Fine Arts in 1983.

For the last two decades, Li's paintings have focused on gourmet cuisine and women.

To prepare for his recent solo exhibition, Li left last March on an art and food trip to a dozen cities including New York City, Boston, Berlin, Paris, Madrid and several locations in south-west China.

Li Xianting, a leading contemporary curator, said Li Jin sees eating, drinking, cooking and women as the basic needs in life: in other words, hedonism is his defining theme.

Michael Kahn-Ackermann, former president of Goethe-Institut Beijing and a sinologist, is one of Li's many fans.

Kahn-Ackermann, a fan of ink paintings for three decades, said Li Jin looked to him to offer a different perspective from domestic critics.

"Other critics mentioned how Li Jin revels in daily life, which makes sense; but I think his paintings have gone far beyond that," he said.

Li Jin's work shows a passion for the world and a sadness in knowing that everything will perish. The more he enjoys it, the more he laments its eventual loss, Kahn-Ackermann said.

That might be true.

When Li graduated from Tianjin Academy of Fine Arts, he was a young rebel. His personality was very different, and he struggled with communication.

"When I was reading Van Gogh, I wanted to try cutting off my ear," Li said.

An interest in Tibet let Li to join the army after graduation. His years on the plateau were a transformative experience.

"The Tibetans' life was so simple; all they did was raise animals, and every generation focused only on herding," Li said.

"They need a certain spiritual comfort... Many things I saw reminded me that life is too simple and too short."

After a 30-hour fast, Li found his theme: food.

His works use rich color and fanciful objects. *Banquet* is like a parade of fish, shrimp, chicken, lobsters, white radishes, peppers, flowers and condiments.

Seen abroad, Li's work surprised foreign critics who expected Chinese contemporary paintings to focus only on revolution and hardship. Li's work had an unusual sense of joy and lust.



Warm up for the vertical run

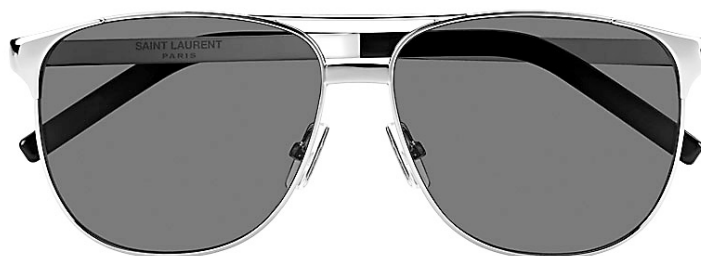
7

Shopping



A vertical run at the Empire State Building earlier this year

Photos provided by nyrr.org



Sunglasses are important for summer sport.



If you run outdoors, make sure to wear sun cream and hat to protect your skin and hair.



A good pair of sneakers is important for avoiding injury. Get a new pair if your current ones are in less than stellar condition. For practice, you will want shoes that are light, breathable and have the right support. A good pair of socks is also helpful: neither tight nor loose on your ankles.



By Annie Wei

Beijing is gearing up for its first ever "vertical run" on August 3.

Runners will challenge the China World Summit Wing Hotel: a 330-meter-high skyscraper with 82 floors and 2,041 steps.

As the city's tallest building, the hotel's top floor offers a beautiful 360 degree view of the cityscape. With good weather, it's sure to be a beautiful sight.

The International Skyrunning Federation founded the Vertical World Circuit in 2007. The event challenges runners to scale the world's highest mountains and tallest buildings.

This year's circuit has eight races, starting from New York and continuing through Basel, Barcelona, Taipei, Beijing, Hanoi, Singapore and Sao Paulo.

The race is open to runners aged 12 and older; the registration fee is 80 yuan. Applications must be submitted before July 26 through the verticalrun.cn website or in person in the lobby of the China World Summit Wing Hotel.

The organizers said there will be service desks on each floor to provide free water. Every 20th floor will be an emergency floor with medical staff on standby.

Beijing Today asked some runners and gyms about how to prepare for such a challenging run.

Yang Nana from Let's Move Gravity, a neighborhood gym in Lidu, said beginners who want to try a vertical run should train three times a week to increase their leg strength.

The right clothing can help to give runners and edge and keep them safe.



T-shirts made of quality fibers are light and help absorb sweat.

CFP Photos



South Africa's Babylonstoren released five wines for the China markets.



Babylonstoren's organic garden has more than 300 kinds of edible plants.

Cozy cafe barbyGuozijian

By Guo Yao

Opened last May, Wu Jin is a casual destination with good food and wine.

The owners were inspired by the location's former occupant, a hardware shop. The original store's sign remains over the door, ensuring that Wu Jin remains a low-key local secret.

Its morning breakfast set includes toast with diner-style drip coffee or English tea (20 yuan).

Its homemade sourdough bread is served with butter and a spread of seasonal house jams. This summer's preserves include plum-peach jam, apricot jam, vanilla-apricot jam and peanut sesame butter.

The cafe reflects the tastes and sensibilities of the owners who are from the US and China, and who have lived in both places for extended periods.

All the food and wine are reasonably priced and of excellent quality.

Coffee, tea, iced coffee and toast are served at 12 yuan each.

In the evenings, selected wine and sangria are provided at 10 yuan per glass or 90 yuan per bottle. The simple menu also

includes a fruit plate (10 yuan), cheese plate (40 yuan) and a yogurt-granola parfait (10 yuan).

The shop has only eight seats, giving it a cozy, simple and comfortable atmosphere. The owners designed it to feel like a living room.

In addition to being a cafe bar, Wu Jin is also a small bookshop that displays and sells artist books and independent publications from China and abroad. They periodically feature thematic groupings from their bookshelves.

For the next few months, American artist Marc Lafia's books and book-inspired sculptures are on display with a limited number of his publications available for purchase. Customers are welcome to browse the book collection, displayed on the shelves and in the open drawers at the large communal table.

Wu Jin Cafe, Wine Bar & Bookshop

Where: 38 Jianchang Hutong, Dongcheng District

Open: Tuesday to Friday 8 am – noon, 6:30 pm – 10:30 pm

Saturday and Sunday 6:30 pm – 10:30 pm

Closed Mondays



Babylonstoren has a beautiful farm hotel and a deli.



Photos provided by Babylonstoren

South African wines arrive

By Annie Wei

South African wines have won a reputation with many of Beijing's wine lovers as offering the best quality for their price.

This week, Babylonstoren, one of the country's oldest vineyards, launched its product line on the Chinese mainland under the brand Haowang Tianjie.

The brand brought five wines made in 2011 to a tasting event at Pinotage, the city's only South African restaurant. Its offerings included Babylonstoren's flagship Chardonnay and Shiraz, Mourvedre Rose, Viognier and a Bordeaux-style red blend.

Danile Yao, a veteran of French vineyards and the brand's sales manager for China, introduced the company's wine farm. The site, being positioned as a wine-themed tourist destination, boasts an organic garden with 300 kinds of edible plants, a five-star farm hotel, a restaurant, a spa and a deli.

We spoke with wine tasters to learn more about Babylonstoren's new wines available in the China market.

2012 Babylonstoren Mourvedre Rose

Only two vineyards in South Africa make rose wines from Mourvedre grapes. Babylonstoren's Mourvedre Rose has an aroma of red berries, especially strawberries.

It's easy to drink, and ideal for romantic, playful and carefree afternoons and evenings. Wine maker Charl Coetzee said it is not the traditional European rose color, but more salmon-like – the kind of coppery orange preferred by South African customers.

2012 Babylonstoren Viognier

It has nice ripe peach and apricot aroma and a good combination of complexity and elegance.

2011 Babylonstoren Chardonnay

This Chardonnay tastes interesting, with a citrus and lemon, mineral undertone and whiffs of vanilla.

2011 Babylonstoren Shiraz

The color is ruby red and the tone is white pepper, floral and spicy. It has a good combination of spicy, ripe fruits and concentrated tannins.

2011 Babel Red

The wine is a blend of three Bordeaux cultivars: Cabernet Sauvignon, Merlot and Cabernet France. It has a nice nose of black current and rose petals, and a bit of chocolate and licorice flavor.

Pinotage

Where: 2-105, Building 2, Sanlitun Soho, 8 GongtiBei Lu, Chaoyang District

Open: 11 am – late

Tel: 5785 3538



The cute cafe keeps its original store front.



Inside Wu Jin



Coffee and toast, 20 yuan

Photos by Guo Yao